



BLESSED SACRAMENT

PARISH NEWS

12 December 2021. Third Sunday of Advent Gaudete Sunday. Year C



John's baptism, where did it come from?

This Sunday is called Gaudete Sunday - 'Rejoice Sunday'. This comes from the readings we hear today, and it underlines an important point. In the Gospel, we hear John the Baptist telling different groups what to do - they must repent, and change their lives. We might think

of this as a rather joyless thing - something which is hard and unrewarding. The message of this Sunday is that repentance and changing our lives to welcome Jesus is something richly joyful. When we are planning to welcome anyone we love to our homes, we set about cleaning and preparing for their visit with enthusiasm - nothing is too much trouble for someone we care for greatly. Even scrubbing the bath or polishing the furniture can be a happy and joyful thing! The message of this Sunday is that preparing to welcome the Lord - even though it may involve hard work - is something utterly joyful, because of our love for Him, and His love for us.

Bambinelli Sunday



The Third Sunday of Advent (Gaudete Sunday) has for many years been the day when the children of Rome bring the figurines of Baby Jesus from their family cribs to St. Peter's Square to be blessed by the Pope during the Angelus. The day is affectionately known as "Bambinelli Sunday." Instituted by St. Pope John Paul II during his Papacy, the tradition has continued

and has grown in popularity across the universal Church. Children are invited to wrap the blessed figurines in Christmas wrapping when they return home, and to place them under the tree, to be opened as the first gift of Christmas; thus encouraging young children to make the connection between the gifts they receive on Christmas Day and the greatest gift that any of us can receive, Jesus; and the connection between the Nativity set at home and the local Church where they worship each weekend. Gaudete means "rejoice" and on this Feast Day we rejoice because we are almost at Christmas, the day where we celebrate the coming Jesus into the world, the greatest gift we have ever been given. To mark the Feast, our parish will join with parishes around the world, in celebrating the tradition of Bambinelli Sunday. The figures of Jesus from our family cribs will be blessed at Masses today.

Rejoice in the Lord always



Today, the third Sunday of Advent is known as Gaudete Sunday. The word 'gaudete' means 'rejoice' Vestments at Mass today are the colour Rose, a lightening of the normal purple of Advent and a reflection of this rejoicing. As we light the third candle on our Advent wreaths we pray that our hearts too may be filled with joy.

Christmas Mass Times

Christmas Eve 24 December Vigil Mass 6.00pm

Midnight Mass at Midnight *NB There will be no Vigil of Carols and Readings this year.*

Christmas Day 25 December 8.45am and 10.45am

Sunday 26 December 8.45am and 10.45am *No evening Mass*

Monday 27 December 9.30am

Tuesday 28 December 9.30am

No Mass Wednesday 29 December

Thursday 30 December 9.30am

Friday 31 December 6.30pm followed by Holy Hour for the New Year

Booking for Christmas Masses

If you are intending to come to Mass on Christmas Eve or Christmas Day you will need to book a place. Please email or phone the Parish Office as soon as possible telling us the number of places you would like to reserve and for which Mass. Please only book if you are sure that you will be attending. If you are unable to attend a Mass that you have booked places for please let us know in plenty of time to enable us to allocate the places to someone else. Many thanks.

Synod 2021-2023 Walking Together

Taking part: You can join in the process in two ways:

2.00pm Church and St Richard Reynolds Centre

Just come along. You may like to invite someone else to join you, a member of your family, a Catholic friend or someone you know used to come to church. It's important that we invite as many voices as possible to be heard.

5.00pm Zoom meeting

To receive a link for this meeting please email Maria at exeter-pastoral-assistant@prcdtr.org.uk You will receive a link to the meeting at 4.45pm on the Sunday to enable you to join. You might like to suggest this way of meeting to someone who is housebound or would prefer to stay at home. You could perhaps offer to help with the technology.

Theme 3 - Celebrate

This week our Walking Together journey has a focus on Celebrate. "The Synod offers us the opportunity to become a listening Church, to break out of our routine and pause from our pastoral concerns in order to stop and listen" Pope Francis. We are invited to reflect this week on how we celebrate the presence of God in His Word and in the Sacraments. How does our parish support a full Catholic life and Mission – evangelization, catechesis, formation, liturgy and social action?

If you are not able to attend a parish listening event, you can find all the materials and guidance about how to send through your thoughts and views on the Diocesan website <https://www.plymouth-diocese.org.uk/key-documents/parish-resources/>
If you have any questions you can email synodfeedback@prcdtr.org.uk
Or find a newsletter [here](#) Next session_Sunday 19 December: **DREAM**

A Listening Church

Please see in the church hard copies of materials aimed at those who may not participate in parish events. Part of the listening phase is to gather views from a wide variety of people and not just Catholics. Please use this material to gather the views of your friends and family, we want to hear from as many people as possible.

Prayer for the Synod

We stand before You, Holy Spirit, as we gather together in Your name.

With You alone to guide us, make Yourself at home in our hearts;

teach us the way we must go and how we are to pursue it.

We are weak and sinful; do not let us promote disorder.

Do not let ignorance lead us down the wrong path

nor partiality influence our actions.

Let us find in You our unity So that we may journey together to eternal life and not stray from the way of truth and what is right.

All this we ask of You, who are at work in every place and time,
in the communion of the Father and the Son, forever and ever. Amen

Christmas Offering

As is customary, collections at Christmas Masses are our personal gift to the parish clergy. Please use one of the special Christmas Envelopes you will find as you leave church. If you are unable to attend Mass and would still like to make an offering this can be made by a cash donation or a bank transfer. Please contact Lesley in the Parish Office who can let you have the information that you require to make a bank transfer. For those who already have the parish bank details and wish to make an offering please make sure that you add 'Christmas offering' in the description field. If you wish to make a cash or cheque (made payable to PRCDTR Heavitree RC Parish) offering please place it in an envelope and mark it 'Christmas Offering' and put through the presbytery letterbox or in the offerings basket as you leave any Mass that you attend over the Christmas period.

Youth Event

Fancy meeting other Catholics across our diocese? Youth events are running a residential at Heatree, Dartmoor. It is a great opportunity for young people across the diocese to come together and have some fun together. A chance to explore Dartmoor, enjoy outdoor activities such as climbing and abseiling, share stories whilst sat around the campfire and explore faith in our lives. From 18 to 20 February 2022 £95 all inclusive. This event is aimed at young people aged 10 (year 6) to 17 (year 13). To secure a place a £30 deposit must be received by 9 January 2022. To book contact Saskia: youth@prcdtr.org.uk

Caritas

Please follow the link to find the Caritas latest newsletter [here](#)

Homelessness Event – 18 January 2022 6.00-7.00pm via Zoom.

Caritas Plymouth would like to invite you to an online event on homelessness on the 18 January 2022 from 6-7pm. As Britain emerges from the crisis of pandemic and begins to come to terms with the impacts of the crisis over the last few years, the effects on homelessness are likely to be significant. It is predicted that the economic aftermath of COVID-19 risks a substantial rise in core homelessness, including rough sleeping. This event will offer an opportunity for prayer and reflection on how we can take practical action to support those who are homeless. If you can join us for this event, please register using the following link: [here](#) or email caritasprcdtr.org.uk

Top Tips for Celebrating a Livesimply Christmas

Do buy a Christmas tree with roots or one that is grown sustainably

Do use reusable bags when shopping for fruit & vegetables

Do buy CAFOD World Gifts which help families to live better lives

Do recycle your Christmas tree with Exeter City Council

Do wrap presents in brown paper that is recyclable and use paper bows and ribbons

Try to eat less meat over the holidays and buy local

Don't use shiny wrapping paper or glitter

Don't buy brand new artificial trees

Don't buy shiny Christmas crackers with plastic toys

Don't leave your Christmas lights on all day

Don't throw out your cards: cut them up and make gift tags for next year

Don't waste food: plan carefully

Don't throw clothes/toys out that are in good condition: offer them to charity shops

Your Offering

We are grateful for your continued generosity to the parish. **Please remember that the most efficient way for you to give is by standing order.** Forms are available by emailing or phoning the parish office. Arrangements are made directly with your bank. And if you can, please GiftAid your contribution.

SVP turning concern into action

As this year reaches its close, the St Vincent de Paul Society would, once again like to thank you, our friends, for your willing support throughout the year. With the help of your prayers and with your generous donations we have been able to continue to deliver help and support to local families and to a Community Shelter for young people. We continue to maintain contact with those who are lonely and vulnerable, and this Christmas we will again offer supermarket vouchers to families who are struggling to cope. We are also working in partnership with St Petrocks to enable the distribution to homeless people of packs containing a thermal hat, thermal gloves and socks as well as other essentials. These packs cost £3.70. Please could you consider sponsoring packs at a suggested donation of £3.70 per pack*. There is so much more to do, but for all your help in the past, we thank you and we wish you a Happy Christmas. And if you would like to know more about SVP please get in touch with either our President, Mike Eden(07760 493940 / mike.eden52@btinternet.com) or our Secretary , Maureen Speller (07702 269561 / maureenspeller@hotmail.com). * **Donations may be made**

- by BACs transfer to 'Sacred Heart Exeter' Nat.West a/c 46082115 sort code 60-60-04 with your name as reference. - by cheque (payable to 'SVP Sacred Heart Exeter') You can boost your donation by 25p of Gift Aid for each £1.00 you donate. If you wish Gift Aid to apply please simply tell our treasurer your address which is needed to identify you as a taxpayer. You can do this by post to Kevin Leeper, 2 Mount Howe, Topsham, Exeter EX3 0BG, or email to kevinleeper@aol.com x

Christmas Lunches Can you help?

25 December with carols from 11.30am at St Thomas Methodist Church with food from the Kings Pub, Cowick Street. This ecumenical project has been running for over 30 years now, thanks to a collaboration of churches in West Exe to provide lunch on Christmas day for people, mainly elderly, who would otherwise be on their own. Followed by mince pies and hot drinks, we end the event with entertainment (a quiz) and the Queen's Speech. We rely on volunteer drivers to provide lifts for attendees. We have need of a secretary or someone with admin skills, and we depend on local churches to finance this project, through whom God has always provided us with enough money every year. With your help, we can make sure these people have an enjoyable Christmas Day. If you can contribute in any way, volunteering or with a gift, please email ctaxexeter@gmail.com

Also St Matt's church in Newtown is hosting a lunch on Christmas Day for care experienced young adults between 12.30-3.00pm. Help will be needed between 11.30am and 4.00pm with set-up, serving and clearing up and making the day a special experience for each guest. Please contact by email christmasdinner@stmattsexeter.org for more information.

The Night Journey

Fr Robbie Lowe, a priest of the diocese has written a lovely new Christmas children's book, 'The Night Journey'. It is a beautiful reflection on the Mass which leads us to the manger and the child in the arms of Mary. It is beautifully illustrated by Jan Burrell and begins and ends in the parish church and family home. It would make a great Christmas gift for children, grandchildren or Godchildren. Books cost of £7.50 and are still available from the Parish Office.

Mass in the Extraordinary Form

At the present time the Latin Mass Society cannot celebrate the Extraordinary form Mass here at Blessed Sacrament. However Masses can be attended at the following:

Holy Angels Shrine Church, Queensway, Chelston, Torquay TQ2 6BP

Sundays 10.30am Sung Mass (Confession before and after Mass and every day)

Monday, Wednesday, Thursday, Friday 6pm Low Mass

Tuesday and Saturday 8.30am Low Mass

Christmas Eve 10.30pm High Mass

Christmas Day 10.30am High Mass

Boxing Day 10.30am Sung Mass

St. Edward the Confessor, Home Park Avenue, Peverell, Plymouth PL3 4PG

Sundays Sung Mass 3pm (Confession before and after Mass)

1st Saturdays 11.30am Christmas Day 1pm

Pope's December prayer intention

Prayer intention for evangelisation – Catechists. Let us pray for the catechists, summoned to announce the Word of God: may they be its witnesses, with courage and creativity in the power of the Holy Spirit. See also the Popes' video [here](#)

Parent & Toddler Group

After a great few weeks of restarting the Parent and Toddler group they are taking a break over the Christmas period so their last session will be on Monday 13 December. They will meet again on Monday 10 January 2022. If you or someone you know is interested in coming along please register using this [link](#). Booking is essential as numbers are limited.

St Nick's News

We have been enjoying watching the Reception and Year 1/2 nativities this week. It has been lovely to see the children dressed as angels, camels, shepherds and wise men and singing Christmas songs. It has reminded us all of the true meaning of Christmas. We are delighted that we have been able to welcome parents to school to enjoy these events.

We are preparing to say goodbye next week to our Executive Head, Angela Folland. She has been at St Nicholas for over 20 years, Head Teacher for 11, and will be much missed by staff, children and parents alike. We are sure that parishioners will join us in thanking her for her dedication to the community of St Nicholas and wish her much happiness and success in her next adventure.

To find out about joining St Nicholas or to arrange a tour please contact the Senior Administrator, Mrs Brocksom, (abrocksom@stnics.uk).

Celebrate - Parenting for Faith

Do you want to help the children you love find God in everyday life? Celebrate is running the Parenting for Faith course on Zoom. Whether you are a parent, guardian, grandparent, family member, friend or catechist you can help the young people in your life develop a vibrant and connected relationship with God – whatever their age! Join us on the following dates: 11, 18, 25 January & 1 February 2022. During the sessions there will be opportunity to discuss the content in small groups online. These will be organised in regions so that you can get to know other families in your area. To book your free place on the course register [here](#). We look forward to seeing you all there!

Pilgrimage of Healing and Thanksgiving

Bishop Mark plans to be the spiritual leader of a gently paced pilgrimage to the **Holy Land in early March 2022**. It will include a full programme of visits to the Holy Sites and staying in excellent Christian accommodation in the hills of Samaria and Judea and closing with three nights at the Sea of Galilee. Places are limited to a total of 30, on a first come first served basis. For further detail and to register your interest please contact Della Shenton on della@5gr.org.

Wednesday Word Scripture Reflection

Wednesday Word will continue to meet online via zoom from 2.00-3.00pm every Wednesday. If you would like to join us then, please get in touch with Maria: exeter-pastoral-assistant@prcdtr.org.uk. Please note that you do not need to make a weekly commitment and a warm welcome will await you whenever you can come.

Catholic Exeter Forming in Faith

The next sessions are on Monday 17 January 2022, 10.30am–12.30pm at Sacred Heart Tuesday 18 January 2022, 7.00–9.00pm at Blessed Sacrament. The sessions will be the same, it's the day, time and venue that are different. We're watching and discussing films from Bishop Robert Barron's 'CATHOLICISM' series. Our next session is Lesson 6: A body both suffering and glorious – the Mystical Union of Christ and the Church. To join us on this journey of discovery or simply to find out more, register by clicking the link [here](#) or come along.

Please note the change of dates.

Exeter Foodbank

The December priority items are: **deodorant (for both men & women), sponge puddings, custard, rice pudding, fruit juice, soap and washing powder (capsules)**. Please ONLY donate items from the list. Thank you for your understanding. Collection Points - Co-Op (Heavitree/St Thomas); Sainsbury's Alphington/Pinhoe/Guildhall); Tesco (Exe Vale); Waitrose (Gladstone Rd). Or you can donate money online [here](#)

Baptism Preparation Course

Are you expecting a baby and/or looking to have your child baptised?

We look forward to spiritually supporting you in preparation for this important sacrament and welcoming you and your family into our parish family. Courses are over two consecutive Saturday mornings from 10:15-12.00. If the Covid conditions still call for it the sessions will be delivered via zoom. The course dates for 2022 are: **15/22 January, 14/21 May, 16/23 July and 15/22 October**. Godparents are especially welcome to attend the second Saturday session as the role of Godparents is explored. Click [here](#) to go to the parish website and click on Baptism enquiry form to register. If you have any problems accessing this you can contact Lesley in the parish office on 01392 274724 or at exeter-heavitree@prcdtr.org.uk

We are taking bookings for the January course now.

Pope Francis tweets...

Let us ask for the grace to believe that with God things really do change, that he will banish our fears, heal our wounds, turn our arid places into springs of water. Let us ask for the grace of that hope, that revives our faith and rekindles our charity.

Carols at the Quay

Sunday 19 December 6.30pm join others for this opportunity to sing Christmas carols outdoors in the scenic surroundings of the Quay.

Love Christmas

Your last chance for to make donations and nominations.

All donations of money or supermarket vouchers can be placed in an envelope marked 'Love Christmas'. Or contact the parish office for details how to donate by bank transfer. *Nominations:* We need to know of anyone who would benefit from receiving a little something special/unexpected at Christmas. Are they alone, struggling financially, sick or disabled, a carer or housebound? They do not need to be a parishioner but can be your neighbour or someone you know.

All nominations will be treated in confidence. Please return the form available in the church to the parish office/via the presbytery letterbox

NB: Last date for donations & nominations is 12 December

GIFT Growing In Faith Together

What is GIFT?

GIFT is for all families of faith: families with children who are already receiving Holy Communion or who are looking forward to receiving this sacrament; families with older children who want to be confirmed in their faith; families with younger children who want to experience and grow in faith in a simple and enjoyable way and families with parents who want to do the same. You are all welcome.

Next Meetings: Wednesday 15 December: Parent Zoom call. We apologise for the cancellation of the session which was due to be held on Saturday 4 December. We will be in touch about our January meetings later this month. We wish you all a very happy Advent.

If you would like to register for GIFT, please click on the link: [here](#)

GIFT Bedtime Chats

These can all be found on the Blessed Sacrament Website [GIFT page](#).

Get in Touch If you would like to find out more about GIFT, please get in touch with Maria exeter-pastoral-assistant@prcdtr.org.uk.

Saying Goodbye – online

Saying Goodbye provides comprehensive information, advice, support and much more to anyone who has suffered the loss of a baby, at any stage of pregnancy, at birth or in infancy. To get support [click here](#) or download a support leaflet [click here](#) Upcoming on line services: A time to collectively remember all lost babies & children. Join with others around the globe and light a candle in your home. Sunday 19 December 8.00pm

Diocesan Yearbook

For those of you that ordered a copy of the yearbook they have now arrived and can be collected from the Parish Office. We do have a few spare copies. £4 each.

Baptised in faith...

We welcome into the Church Nadia Czekaj, Aneh Adole and Madeleine Ogden who have recently been baptised into our parish community. Please offer a prayer for them, their parents and Godparents.

SAINTS OF THE WEEK...

13 December St Lucy Virgin & Martyr



She was martyred in Syracuse, probably during the persecution of Diocletian (which started in 303). Devotion to her spread rapidly across practically the whole Church and her name is included in the Roman Canon. Partly because her name shares a root (luc) with the latin word for light 'lux', a number of traditions incorporate symbolic meaning of St Lucy as the bearer of light in the dark winter days. Some traditions tell of her eyes being removed, either by herself or her torturers, so she is the patron saint of the blind.

14 December St John of the Cross Priest & Doctor



He was born in Fontiveros, in Spain. He spent some time as a Carmelite friar before, in 1568, Saint Teresa of Ávila persuaded him to pioneer the reform of the Carmelite order. This was a difficult task and a dangerous one: he suffered imprisonment and severe punishment at the hands of the Church authorities. He died at the monastery of Ubeda in Andalusia in 14 December 1591: the monks there had initially treated him as the worst of sinners, but by the time he died they had recognised his sanctity and his funeral was the occasion of a great outburst of enthusiasm. His works include two major

mystical poems – he is considered one of the great poets of the Spanish language – and detailed commentaries on them and the spiritual truths they convey. He was canonized in 1726 and declared a Doctor of the Church in 1926.

Mass Times

Sunday 12 December

Third Sunday of Advent

Gaudete Sunday

8.45am

10.45am *Krzysztof & Longin Jasinski RIP*

6.00pm *People of the Parish*

Tuesday 14 December 6.30pm

St John of the Cross, Priest & Doctor

Wednesday 15 December 9.30am

Dennis Long RIP

Thursday 16 December 9.30am

Friday 17 December 6.30pm

Saturday 18 December 9.30am

Sunday 19 December

Fourth Sunday of Advent

Pray for expectant mothers

8.45am *People of the Parish*

10.45am

6.00pm

Tuesday 21 December 6.30pm

St Peter Canisius Priest & Doctor

Wednesday 22 December 9.30am

Thursday 23 December 9.30am

St John of Kanty Priest

Friday 24 December

Vigil of the Nativity of the Lord

6.00pm & Midnight

Saturday 25 December

The Nativity of the Lord 8.45am &
10.45am

No 6.00pm Mass

The Word

Sunday 12 December

First Reading Zephaniah 3:14-18

*The Lord will dance with shouts of joy for you
as on a day of festival*

Psalm Response

Sing and shout for joy for great in
your midst is the Holy One of Israel

Second Reading Philippians 4:4-7

The Lord is very near

Gospel Luke 3:10-18

What must we do?

Sunday 19 December

First Reading Micah 5:1-4

*Out of you will be born the one who is to rule
over Israel.*

Psalm Response

God of hosts, bring us back;

Let your face shine on us and we shall
be saved

Second Reading Hebrews 10:5-10

Here I am! I am coming to obey your will.

Gospel Luke 1:39-44

*Why should I be honoured with a visit from
the mother of my Lord?*



Blessed Sacrament Parish
is part of the Roman
Catholic Diocese of
Plymouth

Parish Information

Parish Priest

Fr Jonathan Stewart

Priest in retirement

Fr John Watkins

Parish Office

*The Presbytery, 29 Fore Street,
Heavitree, Exeter EX1 2QJ
01392 274724*

exeter-heavitree@prcdtr.org.uk

*Open Tuesday, Wednesday and
Thursday 10.00am–4.00pm*

Parish Secretary

Lesley Hooper

Parish Pastoral Assistant

Maria Quinn

exeter-pastoral-assistant@prcdtr.org.uk

Safeguarding Reps

Lesley Hooper & Maria Edwards

Please contact the Parish office if you have any concerns about the welfare of a child or a vulnerable adult.

St Nicholas School

Ringswell Avenue, Exeter EX1 3EG

01392 445403 admin@stnics.uk

www.st-nicholas-exeter.devon.sch.uk

Executive Head Teacher

Angela Folland

Blessed Sacrament Live

10.45am Mass on Sunday and most weekday Masses will be streamed live on the Parish YouTube channel.

Deadline for newsletter items 10.00am Thursday.

Your Offering

We are grateful for your continued generosity to the parish. **Please remember that the most efficient way for you to give is by standing order.** Forms are available by emailing the parish office. Arrangements are made directly with your bank. And if you can, please GiftAid your contribution.

Parish News by post & email

To receive the Parish News, by email or post, please phone or email the Parish Office and we will arrange to get a copy sent to you or someone you know who might like to receive it (with their permission).

Dial-a-Mass

For those without the internet or a computer the Mass is recorded and put on the telephone at 12 midday on Sundays and will stay until 11.59am the following Sunday. For the cost of a local call they can listen to the Holy Sacrifice of the Mass by dialing 01642 130120

Getting married?

Congratulations! Please give us six months' notice if you are hoping to marry in the Church.

The Bishops' Conference

Regular updates can be found at [here](#)

Churches Together

Devon News [here](#)

Exeter news [here](#)

England News [here](#).